

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat go to MyPyramid.gov. You will need to enter your age, sex and activity level when you go to the MyPyramid Plan.



Your food and physical activity choices each day affect your health—how you feel today, tomorrow and in the future.

Find your balance between food and physical activity. Know the limits on fats, sugars and salts.

Visit MyPyramid.gov

FoodShare

WISCONSIN

A Recipe for Good Health



State of Wisconsin
Department of Health and Family Services
Division of Health Care Financing

This institution is an equal opportunity provider.

For civil rights questions call (608) 266-9372 (voice) or (888) 701-1251 (TTY), or you may file a complaint at the federal level if you have been discriminated against on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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**FoodShare
Makes
Wisconsin
Healthier**





What is FoodShare Wisconsin?

FoodShare Wisconsin helps people with little or no income to buy food.

How do I get FoodShare benefits?

Apply at your local county/tribal, social or human services agency. Contact Recipient Services at 1-800-362-3002 to find your county/tribal social or human services agency's address or telephone number.

Call the FoodShare office to set up a meeting with a worker. Ask what papers you need to bring. This might include your pay stubs, rent or mortgage payments, utility bills, and child- or elder-care bills.

At the FoodShare office you will talk with a worker, answer some questions, and sign some papers. If you cannot go to the FoodShare office, you may send a relative or a friend to talk with the worker. Or you may be able to talk with a worker on the phone. For more information about these options, contact your county/tribal social or human services agency.

Can I get FoodShare benefits just for myself if I live with my family or with others?

People who live together and buy food and prepare meals together are grouped as a "household." Husbands and wives and most children under age 22 must be one household.

Will I have to get a Social Security Number?

Yes, you must have or will have to get a Social Security Number for each household member, if you want that member to get benefits. Not all members of a household have to take part in the program. A person

who does not want to receive FoodShare benefits does not have to give a Social Security Number, but must give his or her financial information.

Can noncitizens get FoodShare benefits?

Many legal noncitizens are able to get FoodShare benefits. Talk with a FoodShare worker about this. Even if you cannot get FoodShare benefits, family members born in this country can. Getting FoodShare benefits will not count against you if you want to become a citizen.

Can I get help if I'm not working?

Yes. If you are able to work, you may be required to look for work, take a job offer, or go to training.

How much income can we have?

Most types of income are counted. After adding all of your household's countable income, certain reported deductions such as shelter costs, child care costs, child support paid, etc., are subtracted from your gross monthly income (income before deductions) to find out your net monthly income. The FoodShare benefit amount is based on the number of people in your household, and your total monthly net income.

For October 1, 2005, through September 30, 2006, the monthly income limits follow:

People in Household	Gross Monthly Income*	Net Monthly Income*
1	\$1,596	\$ 798
2	2,140	1,070
3	2,682	1,341
4	3,226	1,613
5	3,770	1,885
6	4,312	2,156
7	4,856	2,428

What are the allowable deductions?

- 20 percent of earned income;
- a standard deduction of \$134*;
- medical expenses over \$35 a month for elderly or disabled members;
- certain dependent-care costs when needed for training, education, or work, but not more than \$200 for each child under age 2 and not more than \$175 for each other dependent;
- legally owed child support; and
- a percentage of shelter and utility costs.

**Some larger households will get a higher deduction.*

People in Household	Maximum Monthly Allotment
1	\$ 152
2	278
3	399
4	506
5	601
6	722
7	798

To see if you may be eligible, go to our web site at access.wisconsin.gov. Answer the questions. If it looks like you might be eligible, you will be provided with an estimated benefit amount. To become eligible, you will need to apply at your county/tribal social or human services agency.

Are FoodShare benefits cash?

No. FoodShare benefits come on a plastic card, called the Wisconsin QUEST Card, you use just like a bank card. Most food stores accept the Wisconsin QUEST Card.

What if I have more questions?

Contact Recipient Services at 1-800-362-3002 or visit our web site at dhfs.wisconsin.gov/FoodShare.